

### Members Registration Policy

Must show a current membership card. Membership must be current throughout the program.

### Non-members Registration Policy

Must show current Driver's License or Non-Driver's ID showing Town of North Hempstead residency.

### Non-Residents Registration Policy (*for select programs*)

If space is available in a program non-residents will be allowed to register by paying a 20% surcharge.

Must show current Driver's License or Non-Driver's ID.

**THERE ARE NO REFUNDS AND NO MAKE UP CLASSES**

**THE TOWN RESERVES THE RIGHT TO CHANGE A SCHEDULE, REGISTRATION OR FEES AND TO CANCEL, RESCHEDULE OR MODIFY ANY CLASS**

**EACH CLASS MUST HAVE 10 PARTICIPANTS**



# Aquatic Activity Center at Michael J. Tully Park

## FALL PROGRAMS

2016



Town Supervisor  
Judi Bosworth



Commissioner of Parks and Recreation  
Jill Weber

**1801 EVERGREEN AVE.  
NEW HYDE PARK, NY 11040**

## Program Registration for Aquatic Activity Center Members

Begins SATURDAY, August 6, 2016 9am—5pm

*Online registration begins Noon—9pm*

*(You must create an online account prior to registration date to use this service at [www.northhempsteadny.com](http://www.northhempsteadny.com))*

## Program Registration for Non-Members of the Aquatic Activity

Center/ Residents

Begins Saturday, August 13, 2016 9am—5pm

*Online registration begins Noon—9pm*

*(You must create an online account prior to registration date to use this service at [www.northhempsteadny.com](http://www.northhempsteadny.com))*

## Program Registration for Non-Residents Begins

**AUGUST 20, 2016**

**(available for select classes only)**

Payment Methods: Visa, MasterCard, check or

money order, made payable to:

**The Town of North Hempstead**

**NO CASH ACCEPTED**

**CHECK PROGRAM FOR PRICING**

**THERE ARE NO REFUNDS AND NO MAKE UP CLASSES!**

## CHILDREN'S SWIMMING LESSONS

### LEVEL 5 (AGES 6-17)

#### Stroke Refinement

##### Breath Control

Alternate Breathing

Swimming Under Water—3 body lengths

##### Entries

Stride Jump Entry

Standing Dive

Long Shallow Dive

##### Stroke

Breaststroke—25 yards

Sidestroke—25 yards

Elementary Backstroke—25 yards

Butterfly—25 yards

Front Crawl—50 yards

Back Crawl—50 yards

Turn on Front

Turn on Back

##### Safety

Rules for Safe Diving

Feet First Surface Dive (Tuck & Pike)

Spinal Injury Recognition & Supports

Tread Water—2 Min w/ 2 Different Kicks

MEMBERS: \$75 NONMEMBERS: \$110

NON RESIDENTS: NOT AVAILABLE

SATURDAYS 8:00AM-8:50AM OCT, 15-NOV.19

SATURDAYS 10:00AM-10:50AM OCT. 15-NOV.19

### LEVEL 6 (AGES 6-17)

#### Fitness Swimmer

##### Stroke

Front Crawl—100 yards w/ turn

Back Crawl—100 yards w/ turn

Breast Stroke—50 yards

Sidestroke—50 yards

Butterfly—50 yards

Approach Stroke—25 yards

Elementary Backstroke—50 yards

Breast Stroke Turn

Sidestroke Turn

Speed turn and pull out for breaststroke

Flip turn for front crawl

Flip turn for back crawl

##### Safety

Pike Surface Dive

Tuck Surface Dive

Alternative Kicks fro Treading Water

Throwing Rescue

Rolling Spinal Injury Victim Face Up

MEMBERS: \$75 NONMEMBERS: \$110

NON RESIDENTS: NOT AVAILABLE

SATURDAYS 9:00AM-9:50AM OCT. 15-NOV. 19



# CHILDREN'S SWIMMING LESSONS

## LEVEL 3 (AGES 6-17) Stroke Development

### Breath Control

Rotary Breathing (5x)

Retrieve Underwater Objects—Eyes Open

Bobbing w/ Rhythmic Breathing

### Entries

Jump into deep water from side

Knows basic rules of safe diving

Dive from side of pool: kneeling or sitting

Survival float—30 seconds

Back float—30 seconds

### Stroke

Back Crawl—15 yards

Front Crawl—15 yards

Elementary Backstroke Kick—10 yards

Front Glide—2 Body Lengths—Kick 1

Front Glide—2 Body Lengths—Kick 2

Back Glide—2 Body Lengths—Kick 1

Back Glide—2 Body Lengths—Kick 2

Butterfly Kick—15 feet

Vertical to Horizontal Position Change

### Safety

Jump into deep water w/ life jacket

Familiar with H.E.L.P. & huddle positions

Demonstrate treading water (30 sec.)

Reaching Assists

Rules for Safe Diving

MEMBERS: \$75 NONMEMBERS: \$110

NON RESIDENTS: NOT AVAILABLE

SATURDAYS 8:00AM-8:50AM OCT. 15-NOV.19

SATURDAYS 9:00AM-9:50AM OCT. 15-NOV.19

## LEVEL 4 (AGES 6-17) Stroke Improvement

### Breath Control

Deep water bobbing

Rotary Breathing

Feet First Surface Dive

Underwater Swim—3 Body Lengths

### Entries

Dive from Side—Standing Position

Dive from Side—Compact or Stride Position

### Stroke

Front Crawl—25 yards

Back Crawl—25 yards

Sidestroke—15 yards

Breaststroke —15 yards

Elementary Breaststroke —15 yards

Sculling on the Back—5 yards or 15 seconds

Open Turn at Wall—Front & Back

Butterfly—15 yards

Survival Float—1 Minute

Back Float—1 Minute

### Safety

Become familiar with CPR

Demonstrate rescue breathing

Tread water for 1 minute

MEMBERS: \$75 NONMEMBERS: \$110

NON RESIDENTS: NOT AVAILABLE

SATURDAYS 8:00AM-8:50AM OCT. 15-NOV.19

SATURDAYS 10:00AM-10:50AM OCT. 15-NOV.19



# ARTS AND CRAFTS



This class allows children to use their own minds, and explore their creative abilities. Each week there will be a different project including tribal or animal masks, frames, painting, paper crafts, and much more. Come let your child's imagination soar!

AGES 5-9

MEMBERS: \$50 NON-MEMBERS:\$60 NON-RESIDENTS:\$72

TUESDAYS 6:30PM—7:30PM SEPT. 13— OCT. 25

TUESDAYS 6:30PM-7:30PM NOV. 1—DEC. 13

**\*\*PLEASE NOTE IF YOU REGISTER FOR TUESDAY NIGHT ZUMBA YOU CAN REGISTER YOUR CHILD FOR ARTS AND CRAFTS FOR ONLY \$10 PER SESSION!!!!**



# MARTIAL ARTS

Develop physical strength, confidence, flexibility, self discipline and attention span while learning self protection and defense. Classes are designed to be fun, progressive and challenging with an aim towards real world self-defense skills!

MEMBERS:\$90 NON-MEMBERS:\$100 NON-RESIDENTS:\$120

SATURDAYS 10:00AM-10:30AM SEPT 17- NOV. 5 AGES 5-7

SATURDAYS 10:30AM-11:30AM SEPT 17—NOV. 5 AGES 8-17



# AQUACISE



## ADULTS

Water aerobic exercise class is designed to increase cardiovascular endurance and maintain a healthy body. You will tone & strengthen muscles using water resistance. Water level is approximately 4 ft. to keep the impact at a minimum.

MEMBERS:\$45 NON-MEMBERS:N/A NON-RESIDENTS:N/A

TUESDAYS AND THURSDAYS 12:30PM– 1:30PM SEPT. 13—DEC. 15

CLASS WILL NOT MEET ON NOV. 24

## AQUACISE/ZUMBA

## ADULTS

A faster paced aquacise to Latin music.

MEMBERS:\$45 NON-MEMBERS: N/A NON-RESIDENTS: N/A

TUESDAYS AND THURSDAYS 8:45AM-9:45AM SEPT. 13—DEC. 15

CLASS WILL NOT MEET ON NOV. 24

## DEEP WATER AQUACISE



## ADULTS

Aquacise in 6 foot deep water

MEMBERS:\$45 NON-MEMBERS: N/A NON-RESIDENTS: N/A

MONDAYS AND WEDNESDAYS 12:30PM-1:30PM SEPT. 12—DEC. 14

## EXERCISE



## ADULTS

This class combines rhythmic aerobic exercise with stretching and strength training with the goal of improving all elements of fitness - flexibility, muscular strength, and cardio-vascular fitness. Works to firm and tone your muscles. Increase cardio as well as your endurance.

MEMBERS:\$45 NON-MEMBERS:\$216 NON-RESIDENTS:\$259

TUESDAY AND THURSDAY 10:00AM—11:00AM SEPT. 13—DEC. 15

CLASS WILL NOT MEET ON NOV. 24

# CHILDREN'S SWIMMING LESSONS

## LEVEL 2 Fundamental Aquatic Skills (AGES 6-17)

### Breath Control

Submerge Head—5 seconds

Retrieve Underwater Objects (3x)

Bobbing (5x)

### Entries

Step-in Entry

Side Exit

### Stroke

Unsupported Front Float or Glide

Unsupported Back Float or Glide

Flutter Kick on Front

Flutter Kick on Back

Finning on Back & Sculling on Back

Combined Stroke on Front—5 yards

Combined Stroke on Back—5 yards

Turning Over Back to Front

Turning Over Front to Back

Tread Water Using Arm Motion

Swim on Side w/ Support

### Safety

Float in Life Jacket

Swimmer in Distress

Familiar w/ Pool Rules



MEMBERS: \$75 NONMEMBERS: \$110

NON RESIDENTS: NOT AVAILABLE

SATURDAYS 8:00AM-8:50AM

OCT. 15—NOV. 19

SATURDAYS 9:00AM-9:50AM

OCT. 15—NOV. 19

## DOLPHINS: PRE-K (3 YEARS—5 YEARS)

Children must be out of diapers and able to handle parent separation. Students will learn basic skills including: placing their face in water, blowing bubbles, kicking, arm stroke and backstroke. They will be introduced to life jackets and learn water safety skills. All children will wear a bubble flotation device while continuing to learn and improve their skills.

**Parents are not allowed to stay with their child during lessons. No one is allowed on pool deck during lessons.**

MEMBERS:\$ 45	NON-MEMBERS:\$95	NON-RESIDENTS: NOT AVAILABLE
SATURDAYS	9:00AM-9:30AM	OCT. 15-NOV.19
SATURDAYS	10:50AM-11:20AM	OCT. 15-NOV.19



## SUNFISH (5 YEARS OLD ONLY)

This course is designed to continue the swimming skills learned in the dolphins program. However, it is not required for this program. Bubble flotation devices will be provided based upon swimmers ability and instructors recommendation. The front crawl and backstroke will be taught along with proper breathing and kicking techniques. Water safety skills will be introduced by the use of life jackets.

Proof of age required at time of registration.

**Prerequisite: Child must be out of diapers, able to handle parent separation.**

MEMBERS: \$45	NON-MEMBERS: \$95	NON-RESIDENTS: NOT AVAILABLE
SATURDAYS	10:00AM-10:30AM	OCT. 15-NOV.19
SATURDAYS	11:00AM-11:30AM	OCT. 15-NOV.19

## YOGA

### ADULTS

Yoga is the practice of entering the sanctuary of the body to quiet the restlessness of the mind. This experience will help align the body's natural rhythms while stretching you and making you stronger. Uncovering the physical, emotional and mental tensions held in the body will allow insight for relaxation.

MEMBERS:\$45	NON-MEMBERS:\$216	NON-RESIDENTS:\$259
TUESDAYS AND THURSDAYS	11:10AM-12:10PM	SEPT. 13—DEC. 15
TUESDAYS AND THURSDAYS	6:15PM-7:15PM	SEPT. 13—DEC. 15
CLASS WILL NOT MEET ON NOV. 24		

## PILATES/MOVEMENT

### ADULTS

Pilates improves flexibility, builds strength and develops control and endurance in the whole human body. It puts emphasis on alignment, breathing, developing a strong core and improving coordination and balance. Pilates' system allows for different exercises to be modified in range of difficulty from beginner to advanced or to any other level.

MEMBERS:\$45	NONMEMBERS:\$208	NON-RESIDENTS:\$250
MONDAY AND WEDNESDAY	11:15AM-12:15PM	SEPT. 12—DEC. 14
CLASS MEETS ON MONDAYS IN DOWNSTAIRS ROOM AND WEDNESDAYS IN THE UPSTAIRS ROOM		



## ADULT KICKBOXING

### ADULTS

This class is a combination of cardio, boxing and martial arts providing a total body workout which aims to improve strength, aerobic fitness, speed, flexibility, coordination and balance. Come kick, jab, cross, hook and uppercut your way to a fitter you!

MEMBERS: \$72	NON-MEMBERS: \$80	NON-RESIDENTS: \$96
SATURDAYS	11:30AM-12:30PM	SEPT 17—NOV. 5



# ZUMBA

Join the party! **Zumba** dancing is for everyone — all shapes, sizes, male and female. Just about any age too! Zumba allows you to have fun while safely losing pounds & inches.

Zumba dancing is a party atmosphere! You don't have to know how to dance just move your body and follow the instructors lead, it's easy! Instead of a typical cardio class that focuses strictly on the physical and boring aspects.

Zumba is about the music!

MEMBERS: \$45 NON-MEMBERS: \$232 NON-RESIDENTS: \$278

MONDAYS AND WEDNESDAYS 10:00AM - 11:00AM SEPT. 12—DEC. 15

CLASS MEETS ON MONDAYS IN DOWNSTAIRS ROOM AND WEDNESDAYS IN THE UPSTAIRS ROOM

MEMBERS: \$45 NON-MEMBERS: \$216 NON-RESIDENTS: \$259

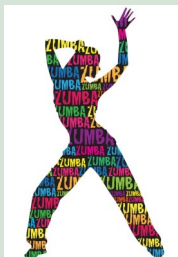
TUESDAYS AND THURSDAYS 10:00AM-11:00AM SEPT. 13 –DEC.15

CLASS WILL NOT MEET ON NOV. 24

MEMBERS: \$45 NON-MEMBERS: \$112 NON-RESIDENTS: \$135

TUESDAYS 7:00PM-8:00PM SEPT. 13—DEC. 13

**\*PLEASE NOTE IF YOU TAKE NIGHT ZUMBA YOU  
CAN REGISTER YOUR CHILD FOR  
ARTS AND CRAFTS FOR ONLY \$10 PER SESSION!!!**



## PERSONAL TRAINING

Our accredited fitness training instructors will work one-on-one with you to design a workout program sculpted to fit your personal body improvement goals. Set a schedule that fits your busy lifestyle.

Option 1:  
50 Minute Session—\$80  
10 Session Package—\$750

Option 2  
30 Minute Session—\$50  
10 Session Package—\$450

(Dates and times are scheduled in advance by appointment)



## ADULT SWIM LESSONS

All levels of skill. Improve your strokes whatever your skill level and for the adult beginners this program will teach the front crawl, kicking, proper breathing, back float, glide and intro to back crawl.

MEMBERS:\$45 NON-MEMBERS:\$80 NON-RESIDENTS: NOT AVAILABLE

TUESDAYS 10:30AM-11:00AM

OCT. 19-NOV. 22

THURSDAYS 7:00PM-7:30PM

OCT.13-NOV.17



## GUPPIES {6 MONTHS—3 YEARS}

Skills taught will include: water entry and exit, arm stroke, kicking and blowing bubbles. This course is designed to help children become comfortable in the water, so they are ready to learn to swim. Students will wear a bubble flotation device.

**An adult must accompany the child in the water. Children must wear swim diapers and a bathing suit. No one is allowed on pool deck during lessons.**

MEMBERS:\$45 NON-MEMBERS:\$95 NON-RESIDENTS: NOT AVAILABLE

SATURDAYS 10:15AM-10:45AM

OCT. 15-NOV.19

